

## COMMANDER'S SUICIDE PREVENTION POLICY



As Warlords, you have been handpicked for the historic mission of introducing the F-35B to the Marine Corps. Each of you is a precious and vital asset that we cannot afford to lose, but you should be aware that the Marine Corps continues to struggle with an unacceptable suicide rate. At VMFAT-501 we will expend every resource available to identify and care for Marines with suicidal ideations.

As Marines we face significant personal and professional challenges, but we have all the tools we need to overcome adversity of any kind. Primary stressors associated with Marine suicides include: problems in romantic relationships, physical health, work-related issues, and pending legal or administrative action. None of these issues constitute an insurmountable obstacle or an impossible dilemma and I assure you that your chain-of-command is here to help you resolve any problem you face.

A team effort is required for effective suicide prevention; if someone in your workcenter seems distressed or depressed, don't be afraid to ask the question, "Are you thinking of killing yourself?" If you are suicidal or if you suspect a fellow Marine is considering suicide, use one of the following resources to get immediate help:

- Chain of command
- Chaplain (883-4043/882-2111)
- Military OneSource 24/7 (800-342-9647)
- National Suicide Prevention Lifeline (800-273-8255)
- HQMC Suicide Prevention Website ([www.usmc-mccs.org/suicideprevent](http://www.usmc-mccs.org/suicideprevent))
- Leaders' Guide for Managing Marines in Distress (<http://www.usmc-mccs.org/leadersguide>)
- Marine Corps Community Services (MCCS) counselor for particular area of distress ([www.mccssc.com](http://www.mccssc.com))
- Airman & Family Readiness Center (850-882-9060/2275/4382)
- Eglin Military & Family Life Consultant (850-420-8542)

There is no shame in asking for help if you find yourself burdened by distress, depression, or thoughts of suicide. If you find yourself in these circumstances you will have the full support of the command to get healthy and continue to pursue your career and personal goals.

At VMFAT-501 we will act as a team to identify Marines who are struggling with emotional distress and get them the support they need ASAP. This is all part of knowing and taking care of our Warlord family; you have my full support in this effort.

  
J. B. WELLONS